

Serving Sizes for Grains/Breads in Child Nutrition Programs¹

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) <i>Note: weights apply to bread in stuffing</i> 	<p>1 serving = 20 grams or 0.7 oz. $\frac{3}{4}$ serving = 15 grams or 0.5 oz. $\frac{1}{2}$ serving = 10 grams or 0.4 oz. $\frac{1}{4}$ serving = 5 grams or 0.2 oz.</p>
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hotdog) • Crackers (graham crackers, except chocolate covered grahams – all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	<p>1 serving = 25 grams or 0.9 oz. $\frac{3}{4}$ serving = 19 grams or 0.7 oz. $\frac{1}{2}$ serving = 13 grams or 0.5 oz. $\frac{1}{4}$ serving = 6 grams or 0.2 oz.</p>
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies² (plain) • Cornbread • Corn muffins • Crackers (filled - i.e., peanut butter or cheese, frosted animal crackers) • Croissants • Pancakes • Pie crust (dessert pies², fruit turnovers³, and meat or meat alternate pies) • Waffles 	<p>1 serving = 31 grams or 1.1 oz. $\frac{3}{4}$ serving = 23 grams or 0.8 oz. $\frac{1}{2}$ serving = 16 grams or 0.6 oz. $\frac{1}{4}$ serving = 8 grams or 0.3 oz.</p>
Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts³ (cake and yeast raised, unfrosted) • Granola bars³ (plain) • Muffins (all, except corn) • Sweet roll³ (unfrosted) • Toaster pastry³ (unfrosted) 	<p>1 serving = 50 grams or 1.8 oz. $\frac{3}{4}$ serving = 38 grams or 1.3 oz. $\frac{1}{2}$ serving = 25 grams or 0.9 oz. $\frac{1}{4}$ serving = 13 grams or 0.5 oz.</p>

¹ Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

² Allowed only for desserts under the Enhanced Food Based Menu Planning alternative specified in § 210.10 and snacks served under the National School Lunch Program (NSLP), Summer Food Service Program (SFSP) and Child and Adult Care Food Program (CACFP).

³ Allowed for desserts under the Enhanced Food Based Menu Planning alternative specified in § 210.10 and snacks served under the NSLP, SFSP and CACFP, and for breakfasts served under the School Breakfast Program (SBP), SFSP and CACFP.

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Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cookies² (with fillings or coverings, nuts, raisins, chocolate pieces and/or fruit purees) • Chocolate Covered Grahams • Doughnuts³ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars³ • Granola bars³ (with nuts, raisins, chocolate pieces, and/or fruit) • Sweet rolls³ (frosted) • Toaster pastry³ (frosted) 	<p>1 serving = 63 grams or 2.2 oz. $\frac{3}{4}$ serving = 47 grams or 1.7 oz. $\frac{1}{2}$ serving = 31 grams or 1.1 oz. $\frac{1}{4}$ serving = 16 grams or 0.6 oz.</p>
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake² (plain, unfrosted) • Coffee cake³ 	<p>1 serving = 75 grams or 2.7 oz. $\frac{3}{4}$ serving = 56 grams or 2.0 oz. $\frac{1}{2}$ serving = 38 grams or 1.3 oz. $\frac{1}{4}$ serving = 19 grams or 0.7 oz.</p>
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Brownies² (plain) • Cake² (all varieties, frosted) 	<p>1 serving = 115 grams or 4 oz. $\frac{3}{4}$ serving = 86 grams or 3 oz. $\frac{1}{2}$ serving = 58 grams or 2 oz. $\frac{1}{4}$ serving = 29 grams or 1 oz.</p>
Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)⁴ • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	<p>1 serving = $\frac{1}{2}$ cup cooked (or 25 grams dry) $\frac{1}{2}$ serving = $\frac{1}{4}$ cup cooked (or 13 grams dry)</p>
Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)⁴ • Rice cakes 	<p>1 serving = $\frac{3}{4}$ cup or 1 oz., whichever is less. $\frac{1}{2}$ serving = $\frac{1}{3}$ cup or $\frac{1}{2}$ oz., whichever is less. $\frac{1}{3}$ serving = $\frac{1}{4}$ cup or $\frac{1}{3}$ oz., whichever is less.</p>

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³ Allowed for desserts under the Enhanced Food Based Menu Planning alternative specified in § 210.10 and snacks served under the NSLP, SFSP and CACFP, and for breakfasts served under the School Breakfast Program (SBP), SFSP and CACFP.

⁴ Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.